

## Now & Next™ online



**Learn how to set goals and reach them through this innovative program delivered by parents. *These programs are free to families without NDIS funding***

Now & Next™ is an innovative, award winning online program for all parents, carers and grandparents of children who have a delay in their development or have a disability. As parents or carers, you will make the biggest difference in your child's life. Now & Next™ gives you the practical skills to do this.

This 8-week evidence-based program delivered via video conference, will provide you with the tools to achieve positive outcomes for your child and your whole family.

### **Facilitated by parents like you**

Now & Next™ is facilitated by trained and knowledgeable parents who are Peer Workers. Peer Workers all have children with a disability or development delay like yourself – they have a lived, personal experience – who are trained and employed to support parents and families who face similar challenges. Every peer worker has graduated from the Now & Next™ Facilitator Training program. It is the first 'by families, for families' program of its kind – with close to 500 alumni in Australia, New Zealand, Canada and Finland.

### **Internationally acclaimed**

This unique program is internationally recognised as ground breaking. Based on principles of adult learning, it was developed using the evidence on positive psychology, family leadership, gamification and family-centred practice.

Using tools specifically designed for the program, participants choose outcomes and work towards them with new clarity and purpose.

'I feel extremely fortunate to be a part of the Now & Next program. I am not exaggerating when I say it has been a life changing experience. Each session has been informative and covered a wide range of topics – not just on goal planning. The facilitators are amazing; they are positive and supportive and their knowledge is invaluable. I don't want the program to end because it has been such an enjoyable experience.'

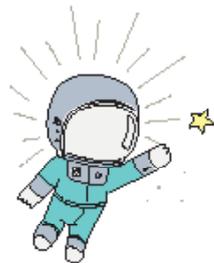
Paul, Now & Next™ participant



# A Plumtree Learning Initiative

'I cannot speak highly enough about how the program strengthened us as a family, not only to help our son but it put me and my husband on the same page in terms of supporting our son and how we move forward as a family. We are looking forward to the new year now.'

Yasmina, Now & Next™ participant



## Program overview

The program is delivered in eight sessions of 2 hours each, held over 8 weeks. Through fun and engaging activities, you will:

Week 1: Create a long term vision and set and prioritise goals for your child, family and self using our unique Pictability™ tool which lay down the foundations for a positive future for your child

Weeks 2 and 3: Use our Goal to Action™ coaching tool to set three goals for you and your child (and reach them!)

Week 4: Reflect on the strengths of your child and family using the Now & Next™ Mindfulness colouring-in book

Week 5: Identify your signature strengths and learn how to use them to achieve your goals

Week 6: Understand 'flourishing' and which practices can enhance well being for different people, then learn how to increase the well-being and resilience of yourself, your child and your family

Week 7: Learn how to partner with and create positive relationships with professionals, thereby Increasing your personal agency, well-being and family resilience

Week 8: Review your toolkit review and practice situations in which tools can be most effective

## Program details

The program is delivered via Zoom video conference as 2 hour weekly sessions over an eight-week period.

Tuesday Evening Group

27 Apr - 15 Jun 2021

8pm - 10pm AEDT\* (NSW, VIC, QLD, TAS time)

Wednesday Daytime Group

28 Apr - 16 Jun 2021

12pm - 2pm AEDT\* ((NSW, VIC, QLD, TAS time)

SA: -30 mins, NT: -30 mins, WA: -2HRS

## Program cost

Free of charge.

For families residing in Australia currently not eligible for NDIS funding, the program is free of charge. It is funded by the Australian Government Department of Social Services. Visit [dss.gov.au](https://dss.gov.au) for more information.

## Register

To register your interest and for more information go to:

[plumtree.org.au/plumtree-community/now-next/](https://plumtree.org.au/plumtree-community/now-next/)

or call us on +61 2 9572 8840

Register now



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